



Teen Tanning

Did you know?

Indoor tanning will give you wrinkles and sunspots, raise your risk of getting skin cancer (including melanoma, a skin cancer that can be deadly).

Action Plan

- Love the skin you're in! You're beautiful just the way you are and tanning is very dangerous.
- Do not use tanning salons or other indoor tanning devices.
- Do not deliberately tan or burn while in the sun. Use a broad-spectrum sunscreen with SPF of 15 to 30. Wear protective clothing and hats.
- If you use a spray tan, still use sunscreen. You can still burn because spray tans do not contain any sunscreen.

more →

Signature _____

Date _____

Resources

For more information about the hazards of tanning, visit [healthychildren.org](https://www.healthychildren.org) and search "Teens and Tanning."

For local resources regarding indoor tanning:

New York State	Under New York State law, it is illegal for anyone under 18 to use indoor tanning facilities. health.ny.gov (search "indoor tanning")
New Jersey	In New Jersey, anyone under the age of 17 cannot use indoor tanning facilities.

For more information, visit icahn.mssm.edu/research/pehsu/information